



## WHAT CAN I BUY WITH WIC CHECKS?

WIC checks make it easier for you to provide the healthy, delicious foods that you feel good about giving your family. WIC checks are also easy to use. Just take them with you when you go food shopping and use them to get free healthy food, including:

- FRUITS & VEGETABLES
- CEREAL & WHOLE GRAINS
- MILK & CHEESE
- TOFU & SOY BEVERAGE
- EGGS
- 100% FRUIT JUICE
- PEANUT BUTTER & BEANS
- CANNED FISH
- BABY FOODS & SUPPLEMENTAL INFANT FORMULA

Do you have questions? Contact WIC today to learn more.

Call: • The WIC office closest to you  
• Toll Free 1-800-688-7777 or  
Denver Metro (303) 692-2400

Visit: • [www.coloradowic.com](http://www.coloradowic.com)  
Click on "WIC Families"  
• [www.fns.usda.gov/wic/](http://www.fns.usda.gov/wic/)



For more information about WIC call:

**1-800-688-7777**

or

Visit the Colorado WIC web page:

**[www.coloradowic.com](http://www.coloradowic.com)**

Click on "WIC Families" for a list of  
WIC clinics by county

Visit the "Am I Eligible?" links on the national WIC homepage for the WIC Pre-screening tool and local WIC clinic contact information.

<http://www.fns.usda.gov/wic>

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OFFERING COLORADO FAMILIES  
**GOOD FOOD & A**  
**WHOLE LOT MORE**

# WHAT IS WIC?

WIC is a nutrition program that provides nutrition education, breastfeeding support, healthy food and other services free of charge to Colorado families who qualify. WIC stands for Women, Infants and Children.



## WHAT DOES WIC OFFER?

WIC's goal is to help keep pregnant and breastfeeding women and children under age 5 healthy. To do this, WIC provides:

- Personalized nutrition consultations
- Breastfeeding information, support and referrals
- Checks to buy free, healthy food to supplement what you already buy
- Referrals for medical and dental care, health insurance, child care, housing, lactation support, and other services that can benefit the whole family

And that's not all! WIC also offers nutrition and health education on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, working and breastfeeding, and shopping on a budget.



## WHO IS WIC FOR?

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5, you can apply for WIC.



You can participate in WIC if you:

- Live in Colorado
- Are pregnant or breastfeeding, and/or have a child under 5 years
- Have a family income less than WIC guidelines (shown below)

### WIC INCOME GUIDELINES July 1, 2013 - June 30, 2014

HOUSEHOLD SIZE	GROSS INCOME		
	YEARLY	MONTHLY	WEEKLY
1	\$21,257	\$1,772	\$409
2	28,694	2,392	552
3	36,131	3,011	695
4	43,568	3,631	838
5	51,005	4,251	981
6	58,442	4,871	1,124
7	65,879	5,490	1,267
8	73,316	6,110	1,410
For each additional family member, add:	+ \$7,437	+ \$620	+ \$144

If you are pregnant, you can count yourself as two. To find out if you are eligible, please contact your local WIC clinic.

Contact information is located on the back of this brochure.

If you currently get Temporary Assistance for Needy Families (TANF), Food Stamps or Medicaid, you are automatically WIC income eligible. Foster children under age 5 are automatically eligible for WIC.

## CAN MEN PARTICIPATE IN WIC?

WIC welcomes men! WIC recognizes the important role that fathers, grandparents, stepparents, and other guardians play in caring for children. Fathers and other caregivers of children under 5 are encouraged to bring their children to appointments, attend nutrition and health education, and use WIC checks in grocery stores.

## HOW DO I APPLY FOR WIC?

Call the WIC Program office in your community to set up an appointment or call 1-800-688-7777. Some WIC offices are open over lunch hours and in the evenings.

